



**SURAJBAI SARDARMULL NAVYAS TRUST(SSNT)**  
Organizes  
**UTSAV – U (Design Your Own Health)**  
SEPTEMBER 22, 2017 – SEPTEMBER 24, 2017

**UTSAV-U (Design Your Own Health)**

**REGISTRATION FORM**

A. 1.Date: \_\_\_\_\_ 2. Name: \_\_\_\_\_

3. Age/DateofBirth: \_\_\_\_\_ 4.Gender: \_\_\_\_\_

5. MaritalStatus: \_\_\_\_\_ 6.Qualification: \_\_\_\_\_

7.Occupation: \_\_\_\_\_ 8.E-mail: \_\_\_\_\_

9. Address: \_\_\_\_\_

Stick your  
Photograph here

10. Phone : Off/Resi \_\_\_\_\_ Mobile: \_\_\_\_\_

B. 1.Height: \_\_\_\_\_ cm 2.Weight: \_\_\_\_\_ kg 3.B.P: \_\_\_\_\_ mm / Hg

4. DoyousufferfromanyChronicdisease/problems?Pleasespecifywithdetailsandmedicationifany:

Disease	Duration	Medication
_____	_____	_____
_____	_____	_____

5. Have you undergone any surgical operations /procedures?

C. 1. Have you ever attended any course on yoga / Personality development / Meditation / others (If yes, please give details)

2. Are you practicing any rituals / niyams on a regular basis for personal and spiritual development etc? If yes, give details of practice /duration.

3. What is your minimum expectation from this program,UTSAV-U?

I have voluntarily joined this course for which I am fully responsible. I assure that I will attend all sessions of the course and report in time.

**FOR OFFICE USE:**

Regn No :

Date :

Emergency Contact No :

Approved by :

Remarks :

Signature & Date



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### **UTSAV – U (Design Your Own Health)**

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#### **Terms & Conditions:**

- 1. The participation in this program is willful and voluntary**
- 2. Attendance and Punctuality for all the sessions is compulsory**
- 3. Only participants above 18 yrs of age will be accepted**
- 4. Outside food will strictly not be allowed during the days of the program**
- 5. No visitors will be allowed during the days of the program**
- 6. No or minimum usage of mobiles, internet is advised and that too only at specified timings.**
- 7. Visits outside the program venue is strictly discouraged at anytime and all outside visits if any will be organized by the program coordinators as deemed necessary**
- 8. Guests have to carry their own stock of regular medicines which they are taking to last them for at least two weeks.**
- 9. If an aspirant has undergone any major surgery/illness in the past three months please inform the program lead, who will then take a call on their inclusion/exclusion after a detailed evaluation**
- 10. The instructions / rules of the program have to be strictly implemented by all aspirants in word and spirit to gain maximum benefit for themselves from the program and also make the journey smooth for their co-aspirants in the true spirit of 'Vasudevah Kutumbakam'**
- 11. The decision of the program organizers will be final and abiding on all the participants.**
- 12. Any special arrangements / permissions will be the sole discretion of the program organizers**
- 13. The program is conducted at Quality Inn Deccan Park, Ooty, a four star hotel resort; Accommodation and Food will be provided throughout the program.**
- 14. The accommodation will be on a twin sharing basis**
- 15. Any no show / last minute cancellations will have to be compensated with INR 21000/- per person**
- 16. Please be informed that your mere applying for the program does not confirm your participation. Your application will be thoroughly reviewed by the decision authority and your participation will be confirmed through a mail and a confirmation letter. The filled registration form should be scanned and sent to [trustssnavyas@gmail.com](mailto:trustssnavyas@gmail.com)**

**Signature & Date**